

# Asana – Not just a physical exercise

For some, the word “asana” brings to mind all sorts of convoluted body positions. Sadhguru clears the air about this largely misunderstood aspect of yoga.

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Nov 7, 2012 |

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Yoga

means that which takes you on to a higher dimension or higher perception of life. *Asana* means a posture. That kind of posture which leads you to a higher possibility is called a *yogasana*. Among the *yogasanas*, there are eighty-four [basic yogasanas](#) through which one can elevate his consciousness. When we say eighty-four asanas, do not think of them as just eighty-four postures. These are eighty-four systems, eighty-four ways of attaining. A yogi masters only one asana. This is known as *asana siddhi*. *Asana siddhi* means one is able to sit in a particular way with absolute ease. Right now, whichever way you keep your body, it is not at ease. If you sit, it is not comfortable. If you stand, it is not comfortable. If you lie down, it is not comfortable. So what the hell to do with this? If you give your body to the [process of yoga](#), slowly you will see the body becomes at ease. If you sit like this, it is absolutely at ease. It is not trying to be some other way.

The way [hata yoga](#) is happening in the West, it scares me because all kinds of yoga is happening. You need to understand this: *yogasanas* are not exercises. *Yogasanas* are subtle processes to direct and activate your energy in a particular direction. Why I am stressing on this is because generally with exercise, the attitude is, “the harder I do it, the better it is.” *Asanas* or yoga should not be practiced hard. This is not in competition with somebody else. You must completely drop that attitude here. It is very important that you do it with full awareness, very gently with as much awareness as you can.

